

F.A.N.tastic Fridays

Family Autism Night

February Spotlight: Power Your Brain

Learn how to develop your brain power to create a healthier, happier, and more peaceful life for you and your family. The family class includes specialized Brain Education games and activities to help families increase communication, respect and appreciation for one another. Brain Education combines physical fitness with classic Asian mind-body training (yoga, tai chi, kigong, meditation) and the latest findings from neuroscience. The program will include physical, emotional, and cognitive exercises, as well as postures, breathing techniques, guided imagery and games to improve focus, confidence, creativity and memory. You will enjoy lots of fun and laughter during this special time connecting with your family.

We have limited space so please R.S.V.P. by February 24



Date: Friday, February 28, 2014

Time: 7 – 8:30 p.m.

Evening Host: Jane Gordon



Location: Power Brain Training Center

3903 Fair Ridge Drive, #217, Fairfax, VA 22033, 703-359-7282, TTY 711

Directions: On Route 50 between West Ox Road and the Fairfax County Parkway, turn onto Fair Ridge Drive. Turn left into the Harris Teeter/Pender Village Shopping Center. Drive toward Harris Teeter but turn right just before you get to the store. Go behind the building on the right. Park behind the building near the green awning with "3903" on it between doors P and Q. Take the elevator to the 2nd floor to Suite 217.

What Is Family Autism Night?

- This free program is for individuals on the autism spectrum, ages 2-22 years, old and their families.
- Our goal is to provide an opportunity for the community to come together and have fun playing, socializing, and interacting with other families.

***Please R.S.V.P. to Debbie O'Bryant at 703-324-5621, TTY 711 or email
Deborah.O'Bryant@fairfaxcounty.gov***

(Please give your name, children's names, number attending with your phone number and email address.)



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711.